Family Empowerment Network (FEN)

January 2025 Groups

Who can attend:

*All Caregivers whose youth currently are receiving or have received Hillside services

*Any Caregiver who resides in the following counties may also attend these groups: Chautauqua, Genesee, Livingston, Orleans, and Wyoming (no affiliation to Hillside req.)

Register at fen@hillside.com, by calling Carrie at (716) 220-6850, **or** your Hillside Family Peer Advocate

RSVP required 5 days prior to group

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Tuesdays

Active Parenting; 11:30am-1:30pm via Zoom or in person at our Syracuse (215 Wyoming St) and Rochester (1 Mustard St) offices. 1/7, 1/14, 1/21, 1/28, 2/4, and 2/11. Sharpen your parenting skills and tackle today's world's problems with strategies that work. Participants completing all 6 sessions will receive a certificate.

Crisis Response Training: 5-7 pm via ZOOM or in person at our Rochester (1 Mustard) office. 1/7, 1/14, 1/21, and 1/28. Crisis response training offer caregivers support with preventing crises from occurring, de-escalating crisis, remaining calm in crisis situations, and using crisis as an opportunity for growth. A light dinner will be served.

Wednesdays

Parenting the Love and Logic Way; 6-8 pm via Zoom This course is six sessions: 1/8, 1/15, 1/22, 1/29, and 2/5. Designed to help parents equip kids with character, this parenting program will give you practical skills that can be used immediately! Certificates available for caregivers completing all 6 classes.

Wednesday January 8

How to Start the IEP Process: 9-11 am via Zoom. Learn the ways to start the Individualized Education Process (IEP), learn what the school's obligations are and what to do if you encounter barriers.

Thursday, January 9

The Man Cave: 6-7pm via Zoom and in person at our Rochester office, (1 Mustard St). Come together as a group/male identifying folx to be heard, build community, engage in good conversation and good therapeutic discussions, explore and learn about helpful resources for men and their families, prepare for job readiness, learn how to make money and keep it, grow, rest, have fun, and heal.

Friday January 10

Goal Setting: 12-1:30 pm via Zoom and in person at our Syracuse office (215 Wyoming St.). This group will focus on goal setting and following through on personal plans in the new year.

Tuesdays

Parenting the Love and Logic Way-Adults Supporting Youth with Challenging Past: 10-12pm Via Zoom or in person at Patterson Library 40 S Portage Street Westfield 1/14,1/21,1/28,2/4,2/11,2/18. This 6-week class is designed to learn how trauma affects the brain, how it relates to behaviors, foundations for healing and how to apply Love and Logic Skills. Participants who complete the class will receive a certificate.

Tuesday, January 14

It Takes a Village: Caregiver Support Group 5:30-7:30pm via Zoom or in Person at Patterson Library 40 S Portage Street Westfield. A group of caregivers who connect to provide support to each other on the issues that caregivers face when raising children.

Wednesday, January 15

Parenting from the Heart: 1-2pm via Zoom: Learn useful parenting techniques that help to maintain positive and supportive relationships while still enforcing structure in a loving way.

Residential Mix & Mingle- Virtual 6:00-7:30pm The Residential Mix & Mingle is a place to meet with other caregivers who have children in residential care. There will be a topic of discussion each month and a time to connect with each other.

Hillside
Family of Agencies

Thursday, January 16

Caregivers of Neurodivergent Kids (CONK) Group: The Importance of Routines 5:30-7pm via Zoom or in person at our Syracuse office, 215 Wyoming St. Join us as we explore strategies and share experiences parenting children who experience autism, ADHD, fetal alcohol spectrum, and more. Understand how routines play a role in providing consistency, stability, and independence for our children.

Wednesday, January 22

IEP vs 504: 9-11am Via Zoom. Join us to learn the differences between a IEP and a 504 plan, and how each can benefit your child's education.

Thursday, January 23

The Man Cave: 6-7pm via Zoom and in person at our Rochester office (1 Mustard St). Come together as a group/male identifying folx to be heard, build community, engage in good conversation and good therapeutic discussions, explore and learn about helpful resources for men and their families, prepare for job readiness, learn how to make money and keep it, grow, rest, have fun, and heal.

Tuesday, January 28

It Takes a Village: Caregiver Support Group: 5:30-7:30pm via Zoom or-In Person at Prendergast Library 509 Cherry St Jamestown NY. A group of caregivers who connect to provide support to each other on the issues that caregivers face when raising children.

Friday, January 31

Spanish Support Group: 12-1 via Zoom Charla abierta para apoyar a los padres hispanohablantes
Únase a nosotros en una sesión breve y para compartir y reflexionar sobre el "Sentimiento del día". Esta es una oportunidad para conectarse, fomentar la empatía y construir conexiones. Todos son bienvenidos a participar.